

**Table 5.7: Walking and Stair Climbing in the Past Week (Percent)<sup>1,2</sup>**

|   |                   | Age Group        |                  |                | Disability Level                 |                                |                             |
|---|-------------------|------------------|------------------|----------------|----------------------------------|--------------------------------|-----------------------------|
|   |                   | 65-74<br>(N=388) | 75-84<br>(N=311) | 85+<br>(N=303) | Moderate <sup>4</sup><br>(N=343) | ADL Difficulty                 |                             |
|   |                   |                  |                  |                |                                  | Receives<br>No Help<br>(N=478) | Receives<br>Help<br>(N=181) |
| Walking and Stair Climbing <sup>3</sup>                   | Total<br>(N=1002) |                  |                  |                |                                  |                                |                             |
| City blocks or equivalent walked <sup>5</sup>             |                   |                  |                  |                |                                  |                                |                             |
| Cannot walk <sup>6</sup>                                  | 7.1               | 5.7              | 7.6              | 9.4            | 0.1                              | 4.9                            | 27.4                        |
| Less than 1   | 32.5              | 26.4             | 31.9             | 51.5           | 28.3                             | 31.8                           | 42.8                        |
| 1-6   | 32.0              | 32.9             | 34.3             | 23.3           | 36.0                             | 32.8                           | 21.8                        |
| 7-12  | 12.1              | 11.9             | 13.7             | 8.1            | 14.4                             | 14.1                           | 1.8                         |
| Over 12   | 16.4              | 23.1             | 12.4             | 7.7            | 21.3                             | 16.4                           | 6.1                         |
| When you walk outside your home, what is your usual pace? |                   |                  |                  |                |                                  |                                |                             |
| Does not walk <sup>7</sup>                                | 17.1              | 14.1             | 16.3             | 28.4           | 6.2                              | 14.1                           | 48.3                        |
| Casual strolling  | 58.6              | 57.5             | 59.9             | 58.6           | 58.5                             | 64.6                           | 42.1                        |
| Average to normal   | 20.8              | 22.8             | 22.2             | 11.3           | 31.3                             | 17.2                           | 9.1                         |
| Fairly brisk  | 3.3               | 5.4              | 1.7              | 1.4            | 4.0                              | 3.7                            | 0.4                         |
| Brisk or striding   | 0.2               | 0.3              | 0.0              | 0.5            | 0.1                              | 0.3                            | 0.0                         |
| Flights of stairs climbed <sup>8</sup>                    |                   |                  |                  |                |                                  |                                |                             |
| Cannot walk <sup>6</sup>                                  | 7.1               | 5.7              | 7.6              | 9.4            | 0.1                              | 4.9                            | 27.4                        |
| 0   | 20.1              | 11.9             | 23.1             | 35.8           | 15.6                             | 21.9                           | 24.4                        |
| 1-20  | 36.8              | 40.9             | 34.0             | 32.3           | 40.3                             | 37.0                           | 29.1                        |
| 21-40   | 18.5              | 21.0             | 17.7             | 13.7           | 20.8                             | 19.5                           | 11.2                        |
| Over 40   | 17.5              | 20.4             | 17.6             | 8.8            | 23.2                             | 16.7                           | 8.1                         |

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>5</sup> During the last week, about how many city blocks or their equivalent did you walk?

<sup>6</sup> Participants reporting that they were "Unable" to walk across a small room.

<sup>7</sup> Includes participants reporting that they were "Unable" to walk across room or did not walk outside home.

<sup>8</sup> In the last week, how many flights of stairs did you climb up?